



2013

calendar [kal-uhn-der]

– *noun*

1. a table or register of days, weeks and months in a year
2. any of various systems of reckoning time, cf: Chinese, Gregorian, Hindu, Jewish, Julian or Muslim calendars
3. a list or register, esp. one arranged chronologically

With our 2013 calendar, we sat and considered.

Here we offer a glimpse into the gardens of Restoration Herbs from a slightly different perspective.



eastern white pine

[ee-stern wahyt pahyn]

- noun

1. a North American coniferous tree, *Pinus strobus*, of the family Pinaceae, having blue-green needle-like leaves, hanging brown cones and rough bark

White pine is valued medicinally for its antiseptic qualities, its vitamin C content and its ability to help resolve inflammation.

It's also useful as a tea to dispel kidney and bladder complaints and, both internally and as a rub or steam bath, to alleviate rheumatic discomfort.

The Iroquois referred to this tree as the *Tree of Peace*.

January

T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31



companion [ˈkəm-ˈpən-yən]

– noun

1. one that accompanies another: comrade, associate; also: one that keeps company with another
2. obsolete: rascal
3. a: one that is closely connected with something similar. b: one employed to live with and serve another
4. a celestial body that appears close to another but that may or may not be associated with it in space

We support companion
planting.

February

F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28



tansy ['tan-zē]

– noun

1. a common Old World composite herb (*Tanacetum vulgare*) that is naturalized in North America and has bitter-tasting finely divided aromatic leaves and clustered yellow flower heads lacking ray flowers; broadly: a plant of the same genus

Historically, it’s been said that *tansy cakes* were given at Easter time as a reward to the victors of a handball game.

Made from young leaves mixed with eggs, they were thought to purify the humours after the limited fare of Lent.

March

F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31



hawthorn ['ho-,thorn]

— noun

1. any of a genus (*Crataegus*) of spring-flowering spiny shrubs or small trees of the rose family with glossy and often lobed leaves, white or pink fragrant flowers, and small red fruits.

Of its many everyday names, Mayblossom is most common in our region as this plant leafs in April and blossoms in May.

As Grieve noted, hawthorn is called *Crataegus* from the Greek *kratos*, meaning hardness (of the wood).

Often a cardiac tonic, its use reaches back centuries as it was known to the ancient Greeks and Dioscorides.

April

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30



mullein ['mə-lən]

– noun,

1. any of a genus (*Verbascum*) usually woolly-leaved Eurasian herbs of the snapdragon family including some that are naturalized in North America.

Verbascums are statuesque indeed and include more than 200 species.

Leafing in May, *Verbascum olympicum* (Greek mullein) yields sulphur-yellow flowering stalks June through August.

Both the leaf and flower are excellent demulcents and expectorants. The Greek variety yields more flowers than our local *V. thapsus*.

May

W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31



lavender [la-vən-dər]

– noun

1. a Mediterranean mint (*Lavandula angustifolia* syn. *L. officinalis*) widely cultivated for its narrow aromatic leaves and spikes of lilac-purple flowers which are dried and used in sachets and from which is extracted an aromatic oil used chiefly in perfumery

2. a pale purple

Its flowers, beginning in June, are a welcome addition to our gardens. With careful harvesting these aromatics span the growing season.

Its uses as a medicinal herb are many. 'It profiteth them much' said Gerard.

June

S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30



bicycle ['bī-si-kəl]

– noun

1. a vehicle with two wheels tandem, handlebars for steering, a saddle seat, and pedals by which it is propelled

Synonyms ~ bike, cycle, push-bike (also push bicycle) [British], two-wheeler, velocipede [archaic]

2. a course or series of events or operations that recur regularly.

e.g., TOUR DE FRANCE 2013

From Saturday June 29th to Sunday July 21th 2013, the 100th Tour de France will be made up of 21 stages and will cover a total distance of 3,360 kilometers (2 087.8 miles)

July

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31



blueberry [ˈblü-,ber-ē]

— noun

1. the edible blue or blackish berry of any of several North American plants (genus *Vaccinium*) of the heath family; also: a low or tall shrub producing these berries

Blueberries are native to North America, have lots of vitamin C, are terrific antioxidants and help maintain vascular integrity and skin tone ...

... & they taste so darn good!

August

T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31



milkweed ['milk-, wēd]

– noun

1. any of various plants that secrete latex; especially : any of a genus (*Asclepias* of the family *Asclepiadaceae*, the milkweed family) of erect chiefly perennial herbs with milky juice and umbellate flowers.

These beautiful weeds go to seed each year and linger from autumn through the winter

Milkweed is another natural wonder as this plant hosts the monarch butterfly.

Without milkweed, the monarch cannot exist.

September

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30



hop [/häp/]

– noun

1. A twining vine (*Humulus lupulus*) with lobed leaves and green female flowers, called strobules, arranged in cone-like spikes.

The dried strobules contain a bitter aromatic oil appreciated by the brewing industry.

Native to temperate regions of the Northern Hemisphere, this member of the *Cannabaceae* is a perennial herbaceous plant. Hop shoots grow very rapidly; 20 to 50 centimeters (8 to 20 inches) per week.

Used as a sedative, a hypnotic and as a bitter, hops are also somewhat antibacterial, but that said, brewers might disagree.

October

T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31



sage

[/sāj]

- noun

1. An aromatic perennial evergreen with grayish-green leaves, common garden sage, *Salvia officinalis*, is a culinary and medicinal herb, native to southern Europe and the Mediterranean.

Sage is a superb antimicrobial and aids in the digestion of fats, hence its history in stuffings etc of turkey and other fatty meats & cheeses.

Cur moriatur homo cui Salvia crescit in horto? 'Why should a man die whilst sage grows in his garden?' was an age old saying.

November

F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30



ta·ble ['tābəl]

- noun












1. A piece of furniture with a flat top on which objects may be placed and that can be used for such purposes as eating, writing, working, or playing games
2. Food provided in a restaurant or household ... *was reputed to have the finest French table ...*
3. A group seated at a table for a meal ... *the whole table was in gales of laughter*
4. A meeting place for discussion, chatter, food and drink; a gathering place for colleagues, family and friends.

There are many different kinds of tables. What kind is yours?

December

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

With our 2013 Calendar, we offer heartfelt thanks.

			
<i>white pine</i>	<i>companion</i>	<i>tansy</i>	<i>hawthorn</i>
			
<i>mullein</i>	<i>lavender</i>	<i>bicycle</i>	<i>blueberry</i>
			
<i>milkweed</i>	<i>hop</i>	<i>garden sage</i>	<i>... multi-purpose table</i>

We acknowledge inspiration of these texts from Maude Grieve, Merriam-Webster Dictionary and the many sources that informed our ways of knowing.